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CITY OF PALMDALE
NEWS RELEASE

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DATE: September 1, 2015

Palmdale City Library to Host Two Free Yoga Classes This Week

PALMDALE – The Palmdale City Library will host two free yoga classes this week at the Library, located at 700 E. Palmdale Blvd.

First up, is a free session of laughter yoga led by Jim and Marva Greenleaf on Thursday, Sept. 3 at 6 pm. No registration is required for this free event, but space is limited.

“Laughter is a great stress reliever, healing to your overall well-being,” said Library Associate Laura Jolls. “Jim and Marva will teach techniques that will change your mood in minutes and leave you feeling great the rest of your day.”

Then on Saturday, Sept. 5 at 1 pm, the Library will host a free yoga session led by local yoga group “The Yoga Roots.” No registration is required, but space is limited.

“Yoga is a wonderful way to get in shape,” said Library Director Thomas Vose. “If you haven’t tried it yet, now is your chance!”

The Palmdale City Library is open seven days a week. Hours of operation are Monday through Thursday from 10 am to 8 pm; Friday and Saturday from 10 am to 5 pm; and Sunday from 1 to 5 pm.

For more information, please call the Palmdale City Library at 661/267-5600 or TDD 267-5167, or visit www.cityofpalmdale.org/library.

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